

# ALL YOU NEED IS FALL AND MORE COFFEE

GREAT COFFEE . GREAT PEOPLE



Fall 2014

## Calendar of Events

### October:

- 1<sup>st</sup>: International Music Day
- 4<sup>th</sup>: Eid Al-Adha
- 5<sup>th</sup>: World Teacher's Day
- 25<sup>th</sup>: Hijri New Year's Day
- 31<sup>st</sup>: Halloween

### November:

- 1<sup>st</sup>: All Saints Day
- 3<sup>rd</sup>: Ashoura Day
- 22<sup>nd</sup>: Independence Day

### December:

- 4<sup>th</sup>: Saint Barbara (Halloween)

## Drive-thru Kiosks

Amchit IPT Station, Amchit highway bifurcation (near McDonalds)

Halat: IPT Station, Halat, Jbeil-Beirut highway

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Awkar: US Embassy, Awkar

Dekwaneh: IPT Station, Dekwaneh, near Centre Freeway

North: Balamand University, Tripoli

Berbara: IPT Station, Berbara, Batroun-Beirut highway

## Coffee Shops

Amchit: Amchit seaside road, near Total Station

## @ Metro Express Convenience Stores

Amchit: IPT Station, Amchit highway bifurcation

Halat: IPT Station, Halat highway

Zouk: IPT Station, Zouk near Espace cinemas

Dekwaneh: IPT Station Dekwaneh, near Centre Freeway

Ashrafieh: IPT Station, Ashrafieh Fassouh



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## Seven Rules for How to Make a Perfect Cup of Coffee

### 1. Buy Fresh Beans

Without question, buying from a local roaster is the surest way to get the absolute freshest beans. Oxygen and bright light are the worst flavor busters for roasted beans. Coffee beans packaged by quality-conscious roasters and sold in sturdy, vacuum-sealed bags are often a good bet.

### 2. Keep Coffee Beans Fresh

Always store opened coffee beans in an airtight container. Glass canning jars or ceramic storage crocks with rubber-gasket seals are good choices.

### 3. Choose Good Coffee

Look for 100% pure Arabica beans. The cheap alternatives may contain Robusta beans, noted for their higher caffeine content but harsh flavors.

### 4. Grind Your Own

Coffee starts losing quality almost immediately upon grinding. The best-tasting brews are made from beans ground just before brewing. Scoop for scoop, finer grinds yield more flavor.

### 5. Use Good Water

Nothing can ruin a pot of coffee more surely than tap water with chlorine or off flavors. Serious coffee lovers use bottled spring water.

### 6. Don't Skimp On the Coffee

The standard measure for brewing coffee of proper strength is 2 3/4 tablespoons per 1 cup. Tricks like using less coffee and hotter water to extract more cups per pound tend to make for bitter brews.

### 7. Beware the Heat

Water that is too hot will extract compounds in the coffee that are bitter rather than pleasant. The proper brewing temperature is 93°C, or about 45 seconds off a full boil.



## Good News about Coffee: Did u Know?

Some of the most promising findings come from studies of diabetes. Harvard researchers found that regular coffee drinkers had a significantly lower risk of type 2 diabetes than those who abstained. The more they drank, the lower their risk.

And, despite coffee's reputation for being bad for the heart, recent epidemiologic studies haven't found a connection; some even suggest coffee can be protective. A study reported that healthy people 65 and over who drank four or more cups of caffeinated beverages daily (primarily coffee) had a 53 percent lower risk of heart disease than non-coffee-drinkers.



## Cappuccino Recipe:

### Directions:

1- Place 1/2 cup of milk in the microwave for 1 minute or until milk is hot and small bubbles form around edge of cup.

2- Place a metal whisk in cup; whisk vigorously by holding whisk handle loosely between palms and quickly rubbing hands back and forth until foam measures 1/3 cup. Put aside.

3- Pour Easy Espresso into a mug; pour in remaining hot milk. Spoon foam over top and serve immediately. Yield: 1 serving.

In our Coffee Shop  
we serve it your way!





The Ice Bucket Challenge is a viral craze which began in America in the summer of 2014 and aims to raise money for the Amyotrophic Lateral Sclerosis (ALS) Association, also known as Motor Neuron Disease. It's a degenerative disease which causes rapidly progressive muscle weakness, with most affected dying within 39 months of diagnosis.

It involves a person having a bucket of iced water poured over their head and then nominating someone else to follow suit. Video evidence of the drenching is shared on social media. The nominee can either accept or donate money to the ALS Association

Originally, the challenge was conceived to raise money, many people appear to be taking the challenge rather than donating. 1026 celebrities have taken part in the challenge. There are 653,000 ice bucket challenge videos on Youtube.

The ALS charity website reported that only \$88 million had been raised. George Bush took a humanitarian stand and donated, and Leonardo Di Caprio showed us all up and donated \$100,000 to the charity. Barack Obama, however, rejected the challenge, and Putin has not responded to any of his nominations yet.

**FREE**

**1 COOKIE OR 1 MUFFIN**

**WITH ANY**

**LARGE DRINK**

**HOT OR FROZEN**

*GREAT COFFEE • GREAT PEOPLE*

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Mobile: ..... E-mail: .....

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**Mountain Mudd Espresso**

free wifi

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COOKIES & MUFFINS

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*great coffee . great people*

THE FIRST DRIVE THRU AMERICAN COFFEE IN LEBANON



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